Dear Parents/Guardians,

This is a friendly reminder what to do if your child is sick☺ Highland Elementary has seen all different type of illness in the building the past few weeks. Here are some steps parents can take to keep everyone healthy-

***So when do you keep your child home from school?***   
1) ***Vomiting or diarrhea***. Please keep your child home **until it has been 24 hours** since their last emesis or loose stool. Let them stay home and get it out ;)  
***2) Severe cough &/or uncontrolled cough***. I’m not talking a simple cough, I expect that child in class. However, if your child was coughing all night, they are going to have the same trouble at school. This type of cough is a distraction to others and it spreads germs throughout the school.  
3) ***Unexplained skin rash or eruptions***. If you don’t know what it is, don’t touch it. If your child is broke out with something crazy, they are uncomfortable, let them stay home. However if they aren’t bothered by it and it can be covered, that’s fine, some people just have sensitive skin.   
4) ***Swelling, redness, discomfort of the eyes***. Pink eye is typically viral. Usually it’s from a URI. If your child knows not to touch their eyes and to wash their hands, personally I’m fine with them coming. That said, if your child is miserable with continuous drainage from the eyes, they can stay home. In the unlikely event it is bacterial, please have your child on drops for 24 hours before coming to school.   
5) ***Any Communicable diseases***. If your child is started on an antibiotic, they must be on the antibiotic for at least 24 hours before returning to school. Doctor’s don’t prescribe antibiotics for just any little thing anymore. If a doctor thinks your child needs an antibiotic, something is going on and they need some rest.

6) ***Oral temperature of 100 degrees F & above***. ***NOTE: Your child needs to have a temperature of less than 100 degrees F for 24 hours without the use of fever-reducing meds before they can return to school.*** Best for last! I cannot stress how important it is to keep your child home when they have a fever. Fevers are good, they help the body fight off illness. Your child would not have a fever it they were healthy, so let them rest.

**Children need to be reminded to wash their hands with soap and water for 20 seconds. Also encourage them to cover their cough or sneeze with a tissue or elbow, not hands. If they forget that’s ok, gentle reminders until it becomes habit are wonderful.**

***No child can attend school with a fever of 100 degrees Fahrenheit or higher, regardless if other symptoms are displayed. Your child must be fever free for 24 hours without the use of medications for fever control before returning to school.***

Feel free to contact me with any questions or concerns: email: sloy@highland.k12.ia.us. Thank you for sharing your children with us!

Shawn Loy, RN

Centers for Disease Control website: [www.cdc.gov](http://www.cdc.gov)

Iowa Dept of Public Health website: [www.idph.state.ia.us](http://www.idph.state.ia.us)